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ABSTRACT

This guide, designed to help girls learn more about themselves and what they want from life, presents self-esteem exercises and coping skills. It opens with questions about self-discovery and what is important to them. Some examples of voicing one's opinion and making good decisions are also offered. Recognizing and dealing with different feelings is covered in detail and tips for nurturing friendships are offered. Emphasis is placed on it being okay to be smart and the importance of girls voicing their opinions and trying to make a difference in their communities. Suggestions on how to get along with parents and siblings are presented, along with pointers for compiling and following family rules. Advice on how to confront those who present girls and women in a poor light, particularly the media, are detailed and suggestions for managing money and making dreams come true are also offered. Numerous examples of how to approach a difficult situation and real-life stories of girls who were able to make a difference are also provided. (RJM)

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